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CUT AND RUN

Meet the Edmonton barber taking the trade on wheels

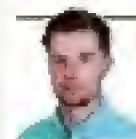
metroNEWS

KEVIN TUONG/FOR METRO

Dear drivers: It's a bike lane, not a parking lot

105 AVENUE

**'Enforcement
will improve,'
says councillor**



**Jeremy
Simes**
Metro | Edmonton

Edmonton cycling advocates are calling for bike-lane barriers after one of the city's newest lanes has become street parking for some motorists.

Over the weekend, photos online showed vehicles were parked on the new bike lane, located on 105 Avenue near 116 Street. A "no parking" sign could be seen near the lane.

On Sunday, City of Edmonton Citizen Services spokeswoman Alison Burns said parking illegally on bike lanes is a safety hazard and negatively affects bike and vehicle traffic.

But advocates say the new 105 Avenue lane should have barriers — just like the soon-to-be-built

downtown cycle network — to deter parking.

Anna Ho, chair of Paths for People, said barriers make cycling safer, more enjoyable and more comfortable.

"I think it's inconsiderate to park your car in a bike lane," she said. "If you park your car in a bike lane, drive in a bike lane, you are breaking the law and should expect a ticket."

Along with the cost of towing and storage, the city fines motorists \$75 for parking in bike lanes.

Coun. Scott McKeen, who has been notified of the parking incidents on 105 Avenue, said he's not surprised to see such hiccups in the early stages of development. He said incomplete bike lanes, like the one on 105 Avenue, aren't significant enough to deter people from parking on them.

"This is a work in progress for the city," he said. "We're developing bike lanes probably not quick enough for cycling advocates. But as we do it, we will get better at it and enforcement will improve."



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CRIME

Man gets back dogs stolen in carjacking

Pooches Dakota, Maggie and Callie are a bit shaken up after they were hijacked earlier this week.

On Saturday, Leduc man David Leicky was reunited with the three pups after his jeep was stolen. The kicker? The dogs were inside the jeep during the heist.

"I was so happy to get the dogs back," he said. "The Jeep can be replaced but the little babies couldn't be."

The dogs managed to make their way to a woman's home in Sweetgrass, Sask.

Leicky said the jeep was stolen when he went to buy a case of beer. He left his keys in the car because he knew he wouldn't be long.

"I was paying for my case of beer and I looked out the window," he recalled, "and here's my jeep going out of the parking lot with my dogs in it."

"I run out and I was yelling and screaming, but they just

took off. I was making myself sick worrying about that. If I wasn't so stupid (leaving the keys inside), none of this would've happened."

Leicky, who didn't get the woman's name, said his dogs were found sitting on her step. It isn't clear if the bandit dropped them off at her place, he said.

She immediately phoned Leicky after inspecting their tags.

"We picked them up and I gave her a \$100 reward," he said. "We all jumped in the car and made our way back home, where we've been ever since. She took real good care of them."

Leicky said he and the dogs have been hanging out since the incident.

"What a relief," he said. "They're a little bit traumatized, but they're starting to come around now."

JEREMY SIMES/METRO



David Leicky's dogs Dakota, Maggie and Callie were found after a thief stole a Jeep they were occupying. CONTRIBUTED



Kary Bowen chatted with about 20 gamers online to stay awake during a 24-hour gaming marathon to raise funds for the Stollery Children's Hospital. JEREMY SIMES/METRO

BY THE NUMBERS

\$82,000

Extra Life Edmonton raised \$82,000 for the Stollery Children's Hospital.

240

240 gamers were playing at West Edmonton Mall.

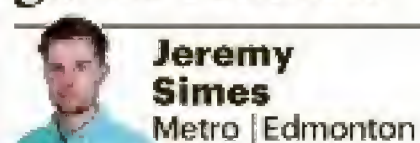
24 hours

The gamers were playing for 24 hours, though some had been up even longer.

Edmonton gamers score big for charity

FUNDRAISER

Stollery hosts marathon video game session



A few large coffees, some munchies and 20 online comrades kept Kary Bowen — also known as "Figgity Figs" — up gaming for 24 hours.

"I didn't have a whole lot of

sleep before I started," Bowen said while playing Smite. "But it's been a lot of fun."

On Sunday, Bowen was among 240 Edmontonians gaming at West Edmonton Mall to raise funds for the Stollery Children's Hospital.

Bowen was live-streaming while gaming. In fact, many of her friends were up all night with her for moral support. She said they also kept her awake.

"Having my friends and my community keep me company while streaming has been great," she said. "We talk pretty much

about anything. They've kept me company, but some of them had to go to bed, too."

Chris Smith with Extra Life Edmonton, which held the annual event, said he isn't sure how many snacks were consumed or how many litres of caffeinated beverages were glugged.

"It was definitely a lot," he said. "Caffeine was a mainstay."

It's been the fifth year since the group held the 24-hour gaming event, which has been growing annually.

Smith said the group reached its fundraising goal by raising

\$82,000 for the Stollery.

"They're tired but happy we did that," he said. "The Stollery does so much for our children and gives them a chance in life that other places wouldn't give them. That in itself is important."

Although tired, Bowen said the fundraising was worth it. She said her sister works at the Stollery.

"She tells me all of the stories of holding the babies. They're either sick or there's other stuff that happens to them," Bowen said. "She gets to take care of them, so it's important for me to do this."

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November 14 — 6-8:30pm
Cawston Recreation Centre (Multipurpose Hall #3)
3304 139th Ave NW

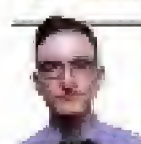
November 15 — 4-6:30pm
City Hall (City Room, Main Foyer), 1 Sir Winston Churchill Square

Kids are warmly welcome and we have fun activities for them!

Men risked lives to save girl on bridge

COMPASSION

Organization honours local heroes for their courage



Kevin Maimann
Metro | Edmonton

One March night in Edmonton, two strangers stopped their cars to save a teenage girl's life.

Mide Seyi-Ajayi and Christoff Boshoff were driving home from work in separate vehicles when they saw a 14-year-old girl hanging from the Ravine Drive bridge. Two of her friends were clutching to her sweater.

"It looked like she already attempted the jump. She was hanging off the bottom part of the railing and her sweater that her friends were hanging on to

was slipping off," Seyi-Ajayi said. "So it was a bit of a panic mode at that point because it really looked like she was going to slip and just fall."

He said the girl was telling her friends to let go of her sweater.

The two men instinctively pulled over to help – something that Seyi-Ajayi feels anyone would have done. He started talking to the girl and asking questions to distract her, while Boshoff climbed over the side of the railing to get hold of her.

"Being a registered nurse, I had a few ideas of some things to distract her with," Seyi-Ajayi said.

Together, the two men pulled her back onto the deck.

Seyi-Ajayi said he told the girl about available support services while they waited for police.

He was left hoping, but not knowing, that his words had a lasting effect.

"There are a lot of people that



Mide Seyi-Ajayi (above) and Christoff Boshoff were honoured for their heroics Friday. KEVIN MAIMANN/METRO EDMONTON

can work with her and help her through it," he said. "I really hope this ended on a good note."

The two men became friends after the incident.

The Royal Canadian Humane Association honoured them and more than 20 others for their bravery during a ceremony at Edmonton Police Service headquarters Friday.

Seyi-Ajayi said he felt hum-

bled after receiving his Honorary Testimonial Certificate.

"I feel like I didn't do anything that amazing," he said. "To be honest with you, hearing some of the stories of some of the other recipients today, it really humbles you."

Boshoff, who could not attend the ceremony, was awarded a Bronze Medal for Bravery for putting his life at risk.

MILL CREEK

Public to speak up on ravine cleanup



Ameya Charnalia
For Metro | Edmonton

A long-term project is underway in southeast Edmonton to improve water quality and soil erosion at Mill Creek Ravine.

The city has embarked on a public consultation process to begin revitalizing parts of the ravine between Whyte Avenue and Argyll Road.

Part of the push by the city to improve water quality in the tributary of the North Saskatchewan River includes the possibility of installing oil and grit separators, stormwater ponds, wetlands and sewer diversions.

"The area around Mill Creek in there is so heavily developed, there's lots of excess storm water runoff, so we're seeing things like trails being impacted by erosion, slumping banks, things like that," said Carla Putnam Kerr, a communications adviser at the city. "It's affecting the enjoyment of people who want to use Mill Creek Ravine."

Charles Richmond, a representative for the Edmonton region of Sierra Club Canada,

attended a city information session Nov. 3.

Richmond said it's the first time the city has taken an integrated approach to dealing with three long-standing issues at the ravine. The issues include an increased amount of runoff that affects water quality, erosion, and a lack of sunlight in the area.

In the 1960s and '70s, the southern portion of Mill Creek was diverted into a tunnel at 75 Street. That contributed to flooding, which increased with more runoff, said Richmond.

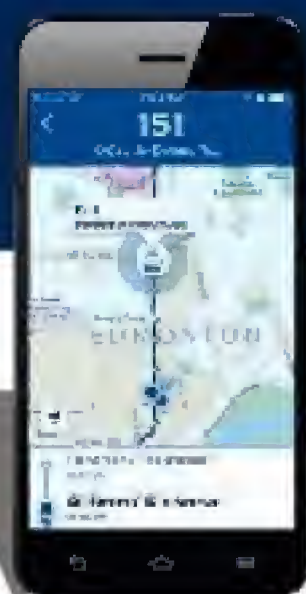
"It's almost a violation of nature when you take a creek and put it in a pipe."

Richmond said it's imperative the city starts work in the area soon. Construction will not begin for another two to three years, said Putnam Kerr.

+ HAVE A SAY

Residents interested in providing feedback to the city about the Mill Creek Ravine project can do so on the city website until Nov. 18.

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Music makes it awkward

LA CITÉ FRANCOPHONE

Concert to raise funds against discrimination



Kevin Maimann
Metro | Edmonton

Singers, rappers and poets will lend their voices to the Make it Awkward campaign at La Cité Francophone on Nov. 19.

Artists will aim to spread messages of tolerance, inclusivity and positivity to fight discrimination at a concert that will double as a fundraiser for the Centre for Race and Culture.

"We wanted people that have that passion for standing up against injustice," said Rachael John-West, who organized the event with her friend Alain Intwali.

John-West, a social worker, is also known as singer Aliza, who recorded the Make it Awkward campaign theme song.

"It's already something I really stand up for in my normal



Rachael John-West, a.k.a. Aliza, will perform at the Make it Awkward concert Nov. 19.

CONTRIBUTED

life," she said, "and then to be able to use music for it — I thought it was a great idea to get involved that way."

Aliza will perform alongside Seeka Reid, Mayne Champagne, DJ Gamegirl, Breath In Poetry and more.

Jesse Lipscombe teamed

up with Mayor Don Iveson in September, after Lipscombe was targeted by racial slurs in downtown Edmonton, to launch the anti-racism campaign that urges people to call out discriminatory behaviour.

The campaign caught on across the country, even getting

a Tweet from Prime Minister Justin Trudeau, and there will soon be a branch in Las Vegas.

Lipscombe will speak at the Nov. 19 concert.

"It's nice to see people take it as their own, because that's what it's supposed to be," Lipscombe said.

“We wanted people that have that passion for standing up against injustice”
Rachael John-West

"It was about people coming together and doing the right stuff. Seeing that happen without having a lot of prodding and probing — it's just happening on its own — makes it feel like the campaign is working."

Lipscombe cites recent examples of responses to racism — like the Funk Your Turban event in response to anti-turban posters, and people rallying to buy a new car for Syrian refugees who had theirs doused in acid — as examples of Edmontonians who are carrying on the message that racism can be fought by positive forces.

"It doesn't matter what kind of negativity gets thrown our way, there's always an equal or opposite force which we can choose to use and that's what we're doing," Lipscombe said.

ANIMAL REHABILITATION

Injured wildlife up again



Alex Boyd
Metro | Edmonton

The Wildlife Rehabilitation Society of Edmonton has nursed about 2,400 wild animals back to health so far this year—about 20% more than last year.

Educational Programming Manager Carly Stenhouse said part of the increase is likely due to greater awareness of the Society.

She said Edmonton's growth is tough on animals.

"About 95 percent of the animals that come in here come for something that has to do with people," she said. "Not necessarily someone hurting them on purpose but accidents that happen because we're sharing the same spaces, things like getting hit by cars, flying into windows and getting caught by pets."

Stenhouse said they've seen an increase every year for the past few years.

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Not your normal bus cut

BUSINESS

City's first-ever barbershop on wheels to offer a trim in traffic



Ameya Charnalia
For Metro | Edmonton

A west-end barber is getting ready to cut hair on the fly.

Fadi Farhat, a barber for more than 15 years, is opening Edmonton's first mobile barber shop, called Mobile Barber Cut and Run, that will run out of his van.

After a bit of a back-and-forth with the city, he managed to get a license for his one-of-a-kind business, which hits the road this week.

Farhat always wanted to work downtown, but was wary of high rent-costs. He said operating out of his van was the perfect compromise.

"I'm excited because you know what? Nobody has it. I'm the first one," he said.

The van will be parked on



Fadi Farhat is opening Edmonton's first mobile barber shop. KEVIN TUONG/FOR METRO

the street, allowing patrons to walk right in. But, sometimes, he will visit customers at their homes if they book an appointment.

According to Wai Tse Ramirez, senior planner with the city, the business will add to downtown's vibrancy.



**I'm excited.
Nobody has it. I'm
the first one.**

Barber Fadi Farhat

"Having a traditional barber-shop that would be in a retail space moved into mobile location in our downtown core provides a unique opportunity and experience for customers to access the service," Ramirez said.

Ramirez said getting the ne-

cessary permits in place was "a little complex" because the business is unconventional. However, the licensing team worked to ensure it came through, Ramirez added.

"We're all excited to see his business up and running."

However, Farhat requires one inspection certificate before his mobile barber shop is deemed road-legal.

The van, a Mercedes-Benz Sprinter, is small, easy to operate and, most importantly, mobile. Inside, it's fitted with a sink, chair and equipment, giving one the feel of being in any regular barbershop.

In fact, Farhat ran a barber shop in the west-end neighbourhood of Lynnwood for more than a decade. He said his regular customers are supportive, promising him they will visit his new business downtown.

The business will be a one-man show with Farhat being the sole barber on the "premises." But over time, he hopes to hire others to help him run the business.

"I like to do something new," he said.

TATERGRAMS

Just say it with a spud

Greeting cards are boring, wine is expensive — so why not send notes written on a potato?

That, in a nutshell, is the argument being made by an Alberta-based business launched last week, and so far, people are buying in, enthusiastically.

For about \$10-15 TaterGrams will sharpie your message onto a locally-grown spud and mail it to a friend (or enemy) of your choosing. Founder Wayne Rempel, who works in sales in Lacombe, says he expected to do a couple of potatoes a day, but almost 100 orders have been placed in the first week.

"I wanted to do something fun, something different and I wanted people to be confused," Rempel said of his decision to start the business.

His website has suggested messages, including 'Let's Get Mashed,' 'You're One Hot Potato,' and 'You're Fired.'

Rempel says the vast majority of his potatoes have been positive so far, or at least jokey — 'This potato looks better than you,' read one order. ALEX BOYD/METRO

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Post-election diplomacy

Canada's neighbour elects a new president on Tuesday with either Hillary Clinton or Donald Trump to take up residence in the White House. Each are proposing different agendas for the U.S. that pose questions, opportunities and challenges to cross-border relations.

THE CANADIAN PRESS

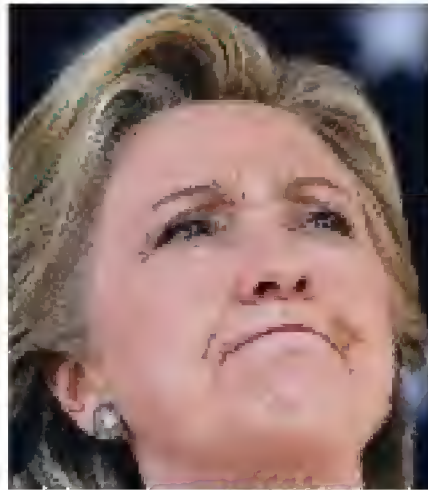
HILLARY CLINTON

Trade

Frustrations over the long-running dispute over softwood lumber could receive a boost with Clinton in the White House, as Giffin predicts Clinton would want to resolve the years-long impasse with a long-term agreement. Clinton is also likely to look for changes to the Trans-Pacific Partnership having expressed criticisms on the campaign trail to maintain support from Bernie Sanders backers.

Immigration

Canada could find itself an ally in Clinton over efforts to relocate thousands of Syrian refugees in Jordan, Turkey and Europe. During the last year, more than 33,000 Syrian refugees have come to Canada, the federal immigration department reports, including about 12,000 privately sponsored refugees.



AFP/GETTY IMAGES

Overall

Despite Canada's best efforts, Canadian interests could be sidelined while Clinton deals with more pressing domestic issues like resistance to her supreme court nominees, FBI agents looking through her emails, congressional Republicans who will work to thwart her agenda at every turn.

DONALD TRUMP

Trade

Trump has been adamant that NAFTA will be no more if he can't have the document amended to his liking, and is against the Trans-Pacific Partnership. Cross-border trade could be thrown into disarray if he follows through on the promises.

Security

Canada's Syrian refugee policy could complicate work to make it easier to move goods and people across the border given Trump's proposals for "extreme vetting" of Muslims from countries with terrorist ties, or to suspend visa to citizens from countries with inadequate security screening. Trump also promises to implement a biometric tracking system.

Overall

Canadian public opinion polls that show respondents favour



AFP/GETTY IMAGES

Clinton over Trump, it's not farfetched to say the Liberals are hoping the Republican candidate doesn't win on Tuesday.

Giffin says a Trump presidency wouldn't be a fatal blow to Canada-U.S. relations: It may be a little rough at the outset based on Trump's tough stances on trade and immigration, but would smooth out over time.

IMMIGRATION

UN shines a light on sponsorship program

The Al Zhouri family arrived in the Nova Scotia town of Antigonish last January as part of the first wave of Syrian refugees to Canada.

The five-member clan had lost a home and the family construction business due to fighting in the city of Homs. They were clinging to hope after three years spent struggling to survive in Lebanon.

But nearly 10 months after arriving in Canada as privately sponsored refugees, the Al Zhouris are thriving. Father Toufic, a carpenter by trade, is making plans to rebuild the family business. Mother Rabiaa, a teacher who launched an alterations and upholstery business, recently completed a rush job sewing names and numbers onto the jerseys of the St. Francis Xavier University's men's ice hockey team.

The three children, Majd, Aghyad and Ranim are busy with high school studies, making up for the time they lost in between their old home and their new one.

"Now I am more than proud to say that Antigonish is our second home, Majd, 20, said in

a recent interview. "Everyone in my family agrees with me."

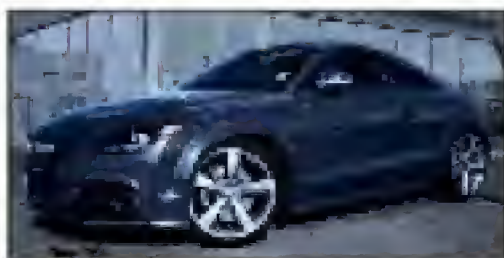
The Al Zhouri family's experience as privately sponsored refugees — as well as those of several other families across Canada — is being highlighted internationally by the United Nations High Commission for Refugees (UNHCR) in a publicity campaign set to launch in mid-November.

The campaign will feature a number of Syrian refugee families who have settled across Canada over the course of the last year, officials said. The production crew has filmed in Nova Scotia, Ontario and the Yukon, among other places.

The goal of the campaign is to promote a unique-in-the-world program that allows Canadian sponsors to apply to bring specific refugees to the country with the understanding that all basic expenses and resettlement support will be provided for one year after their arrival. Hundreds of thousands of refugees have arrived under the program since its creation in 1979.

As of Oct. 23, the federal government says that 33,239 Syrian refugees have been resettled in Canada. TORSTAR NEWS SERVICE

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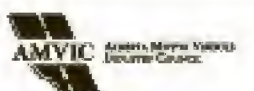
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Web tops TV for fast results

★ U.S. ELECTION ★

Projects aim to get results before the polls close

Watching the election will never be the same. While many will still tune into cable networks to follow the U.S. presidential results after voting ends, new technology and a breach of an unwritten rule in media mean some people will already have a good idea of the winner.

Real-time voting results, using methods that mimic internal campaign projections, will be publicly available for the first time Tuesday. At the same time, two projects with competing visions of election rigging have announced their intention to use web platforms to report voting irregularities as they happen.

VOTE TALLIES ON THE FLY

For decades, by convention, American television networks have refused to report exit poll data before voting closed in a particular state, under the

belief that it might influence electors. This year, Slate.com is breaking that taboo, but they're taking it a notch further.

Instead of using exit polls, which have proven to be notoriously inaccurate, Slate is teaming up with pollsters and digital strategists recruited from both parties to publish election results while the polls are still open.

The project, called VoteCastr, conducts extensive polling before the election, producing a detailed picture of likely outcomes in selected districts and even individual voting stations. Then thousands of workers are deployed to report voter turnout over the course of the day.

By combining live voter turnout with the earlier polling, VoteCastr can gauge if Hillary Clinton supporters are coming out in strong numbers and if Donald Trump voters have decided to stay home. This method, employed by presidential campaigns for decades, has proven to be a remarkably accurate predictor of actual results.

VOTE SUPPRESSION

Prompted by a wave of Republican-sponsored legislation

that critics contend makes it harder for visible minorities and the poor to vote, Electionland is stitching together a network of computer programmers, observers and reporters across the U.S.

The initiative will gather leads on problems — gleaned from Internet searches, social media and volunteers on the ground — and pass them to local reporters.

By tweeting out the stories produced, the project hopes to document long lines, machine breakdowns, ballot confusion, fraudulent voting and intimidation.

VOTER FRAUD

On the other side of the aisle is a project premised on Trump's contention the election is "rigged" and individual voter fraud — a phenomenon that is statistically insignificant — could affect its outcome.

A group calling itself the Vote Protectors will deploy volunteers on election day to conduct exit polls in an effort to "defeat the ever-growing corruption within our election process."

TORSTAR NEWS SERVICE



Ballots being cast during early voting in Augusta, Georgia. THE AUGUSTA CHRONICLE VIA THE ASSOCIATED PRESS

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Edmonton Polycystic Kidney Disease (PKD) Patient Forum

Join us November 8th

Edmonton PKD Patient Forum

November 8, 2016

7:00 p.m. until 9:00 p.m.

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Polycystic kidney disease (PKD) is one of the most common life-threatening genetic diseases affecting Canadians and can result in the growth of cysts that enlarge the affected kidney, destroying its ability to function.

Patients and their loved ones are invited to join this forum to:

- Learn about what a PKD diagnosis can mean for you or a loved one, as well as how PKD can be managed from **Dr. Steven Caldwell, Nephrologist, University of Alberta;**
- Hear about what resources and support systems are available to you and your loved ones from **Jeff Robertson, Executive Director, PKD Foundation of Canada;**
- Have your questions answered during a Q&A period led by Dr. Steven Caldwell and Jeff Robertson; and
- Meet other people living with PKD in your community.

All are welcome to attend!

To RSVP and confirm your participation, please visit:
EdmontonPKDPatientForum.EventBrite.ca

PKD FOUNDATION OF CANADA



Crippling pollution prompts shutdown

NEW DELHI

Air holds more than 90 times safe quantity of particulate

India's capital announced a slew of measures Sunday to combat the crippling air pollution that has engulfed the city, including closing down schools, halting construction and ordering that all roads be doused with water to settle dust.

New Delhi, one of the world's dirtiest cities, saw levels of PM2.5 — tiny particulate matter that can clog lungs — soar to over 900 micrograms per cubic meter on Saturday. That's more than 90 times the level considered safe by the World Health Organization and 15 times the Indian government's norms. The severe weekend pollution followed a week of constant grey smog.

New Delhi's chief minister, Arvind Kejriwal, said on Sunday that schools would be shut



Young Indian runners take part in the New Delhi 10K Challenge amid heavy smog in New Delhi, India on Sunday. AFP/GETTY IMAGES

for three days, and all construction and demolition activity halted for at least five days. He also said a coal-fueled power plant on the edges of the city would be shut for 10 days. The other measures announced in-

clude a 10-day ban on the use of all diesel-powered electricity generators, except at places such as hospitals and cellphone towers. Starting Thursday, all major roads in the city will be vacuum cleaned once a week,

Kejriwal said.

The chief minister also said people should avoid going outdoors until the pollution levels drop and should try to work from home.

THE ASSOCIATED PRESS

LIBYA

Captured Canadian reported safe in Italy

The employer of a Canadian citizen who was kidnapped in September in Libya says he's doing physically well after his release.

A spokeswoman for the Montreal-area Aeronav Group added the company doesn't know when Frank Poccia will be back in Canada.

Poccia and two Italian men were taken hostage by armed and masked men in Ghat, in southwestern Libya on Sept. 19.

They were freed and brought to Italy early Saturday morning. All three men were described

as technicians involved in projects at the airport in Ghat.

The spokeswoman for the Pointe-Claire, Que.-based aerospace company where he worked says they are thrilled with his release.

"We are overjoyed with the news that our colleague, Frank Poccia, is safe and sound," Judy Garner said in an email.

"We have been in touch with Mr. Poccia's family throughout this ordeal and all we know at this time is that Mr. Poccia is physically well."

THE CANADIAN PRESS

Global digest

SYRIA

Shelling of preschool kills six children

Syrian activists say a rocket or mortar barrage struck a preschool in an opposition-controlled suburb of the capital, Damascus, killing at least six children.

The locally-run Education Directorate said government forces struck during recess. It said more than 25 children were wounded in addition to the six killed.

THE ASSOCIATED PRESS

UNITED KINGDOM

Brexit will proceed despite court ruling, says May

British Prime Minister Theresa May has shrugged off a court ruling on her government's plans to leave the European Union.

She used a Sunday Telegraph column to say her government will "get on with the job" despite a High Court ruling requiring her to seek parliamentary approval before triggering the exit process.

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FINANCE

Switching advisers not a simple task

When Deborah Ison decided to break up with her financial adviser last year, investment performance had nothing to do with her decision.

The 45-year-old human resources project manager from Burlington, Ont., was in the midst of a divorce and went to her adviser with pressing questions about her financial obligations. But rather than addressing her concerns, she says, he quizzed her on investment risk tolerance and retirement goals.

It was then and there that Ison decided to make a switch.

"I had walked into this office pretty much a broken person. My entire future had done a 180. I didn't know how I was going to pay my mortgage or my bills or my debts," she says.

"The furthest thing from my mind was my retirement. It seemed like an obtuse and insensitive question for him to be asking me."

Rona Birenbaum, a fee-only financial planner with Toronto-based Caring for Clients, says experiences like Ison's are often the catalyst for calling it quits with an adviser.

"There's two thing I always hear: 'I feel like I'm always being sold to,' or 'I feel like I'm being talked at or talked over.' And so it's a relationship natter," she says.

Notably, Birenbaum adds, clients' expectations have changed over the last 10 years.

"Whereas investors once looked to their adviser for pure investment advice, they're now demanding more," she says — whether that's tax efficiency, debt payment tips, choosing to invest with RRSPs or TFSA's, or questions about what type of lifestyle they can afford right now.

Tom Feigs, a money coach in Calgary, says that if you do find yourself at a crossroad with your adviser, take the time to figure how your expectations aren't being met.

"Be clear if it's fees or communication and if it's something that can be fixed," he says.

By no means should people abruptly end the relationship without having a new adviser waiting in the wings, Feigs stresses. "You don't want to be in limbo."

THE CANADIAN PRESS



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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

I took in a bloodhound who lunges and howls, and when she shakes her head, it sends cascades of drool on people and other pooches. What to do?

Dear Ellen,

I recently ended up taking care of a bloodhound who needed a home.

I live downtown in a building with other dogs and elevators. Sometimes my dog is great. But other times, even at the dog park, she lunges and howls at other dogs. Then, frequently, she shakes her head sending cascades of drool flying into the air that land on people and pooches alike (this is also a frequent problem on any elevator trip).

Other than dragging her away with head slightly lowered and apologizing profusely, what can I say to someone in this situation?

Regards, polite owner of a rude, soggy doggy

Dear Polite Owner,

This letter is going to be a challenge for me, because I hate dogs. To be more accurate, I hate other people's badly trained dogs. They bark incessantly. They jump up on my clean clothes and their claws pull threads in my sweaters. Their breath stinks. Their fur stinks. They pass gas in the car. They lick their private parts, then shove their snouts in your face. Most revolting of all these behaviours is when they drag their rumps across the floor trying to scratch a posterior itch. I've been bitten twice.

I've never been struck by flying bloodhound drool, but I will gladly add that disgusting possibility to my list of reasons to hate canines.

I hate other people's badly trained dogs.

Now that I've got all that off my chest, I'll back up and say, okay, I don't actually hate dogs. I grew up with a border collie, who shed and stank and nipped at the heels of a passerby once in an irrepressible herding instinct, which got him sent to the farm. (Not a euphemism in this case. I saw pictures of him on the farm and he seemed happy there.) But I still loved him, so I understand how other owners might not view their own pets as the demon spawn I think they are.

It's similar to the problem of noisy, aggressive, badly trained children. They can be repulsive and nobody wants to be around

them, but it's their keepers who must be held accountable.

Thus with your bloodhound. It's considerate of you to notice the discomfort of others when your beast lunges at people and sprays them with saliva. But feeling bad about it isn't good enough. And few things are more annoying to us victims than a dog owner shrieking "Oh god I'm so sorry no Remy no!" the whole time we're being subjected to a barking, lunging, expectorating bound.

The proper etiquette here is to keep the dog away from anyone she might bother. Make sure you ride alone in the elevator, step-

ping off if necessary when someone else gets on. Avoid other people and their dogs in the park. In situations where you can't avoid proximity to human spittle targets, put a muzzle on your mutt. If you refuse to use a muzzle, walk the dog at 4 a.m. when no one else is around.

Inflicting a badly trained dog on other people is not only rude. It's also unfair to well-trained dogs, who get lumped in and demonized with the bad ones. If you can't do it for us humans, do it for dogkind.

Need advice?
Email Ellen:
scene@metronews.ca



© Ani Castillo

VICKY MOCHAMA



Time to get baking, Bill: What we should expect from the first First Man

Someone on Twitter joked that Hillary Clinton should ask Michelle Obama to stay on as first lady. It's not a bad idea: The Obamas are staying in Washington, D.C., after Barack leaves the Oval Office, so it's not like the commute will be too difficult. Instead, we're looking at getting Bill Clinton as first gentleman.

Personally, I want to see Bill Clinton reading to children in the Rose Garden. I want him on morning shows talking about his love for organic honey. I want media coverage of his health regimen and decorating style. I want to call him Bill or Billy Boy or Grandpa Bill.

I want Bill to do what Hillary did for him: Put aside decades of expertise and support the office of the president. For most of their marriage, Bill's career has defined their lives. As Hillary has ascended into the political forefront, Bill has occupied his time with charity initiatives and speaking gigs.

There have been policy-minded first ladies, but they have traditionally wielded soft power. When they attempted to be a much more political presence, they've been rebuffed. Eleanor Roosevelt worried being first lady would be constricting, but more than any other, she made the role into a public and positive good.

Lady Bird Johnson perfected this template. A

shrewd businesswoman and political mind, Lyndon B. Johnson's wife lobbied Congress on beautifying the nation's highways. It wasn't exactly a hard sell, but the experience she gained there became an asset when she campaigned for her husband's legislative agenda, especially the Civil Rights Act.

Hillary Clinton tried to walk a similar line. As first lady, she travelled the country to advocate for health-care reform. Her popularity plummeted. Afterwards, she switched to a softer focus on children's health and international human rights.

Each first lady has innovated on the job, and it may soon be Bill's turn. His historic role should be a chance to redefine masculinity. Not only do little boys and girls need to see what a female president looks like, but also what it means for her to be supported fully by her partner.

So I want to see Bill Clinton on Ellen DeGeneres dancing away. I need to see his Snapchats from inside the White House kitchens. I demand that Bill Clinton head down to Sesame Street to teach us about the letter P.

Of course, it must be said that if the forces of evil triumph, Melania Trump will likely be a traditional first lady. She has already pitched that one of her causes would be to tackle cyberbullying. Maybe she'll start by changing Donald's Twitter password.

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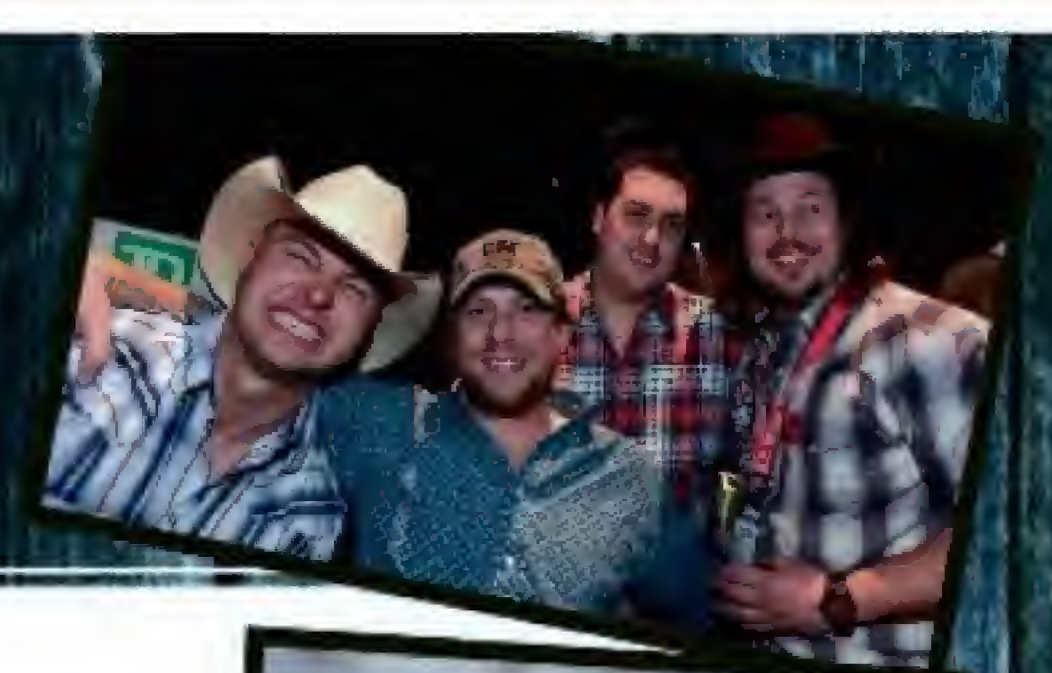
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Doctor Strange dominated North American box offices this weekend raking in \$85M.

Rise of everyday heroines

From lawyer to doctor, detective to superhero, queen to witch, television is rife with powerful women. But sometimes they're too competent, too successful, too unnaturally beautiful for us to connect with them. Enter — the reasonably competent heroine. She can be sassy, inappropriate, insecure or indecisive, but she is always heartbreakingly real. Watching her is fascinating, instead of frustrating. **TORSTAR NEWS SERVICE**



JANE THE VIRGIN

Jane Villanueva

The title character in a Latina-dominated show, Jane (**Gina Rodriguez**) knows her dreams and stops at nothing to attain them. Never mind the fact she is raising a newborn child, juggling a complicated love life, attending grad school and, at 24 years old, still figuring out who she is and where she's going. She is goofy, easily excited and emotional, and she is utterly lovely.



YOU'RE THE WORST

Gretchen Cutler

She's lazy, brash and doesn't always know how to be a professional. You're the Worst's anti-heroine represents all that is good and bad about being a young woman, and does so sharply and clearly, with the shaky self-awareness that characterizes so many of us. Most poignantly, Gretchen (**Aya Cash**) has a believable depression diagnosis, one that makes her neither victim nor villain.

SHAMELESS

Fiona Gallagher

Emmy Rossum's Fiona is a rough-and-tumble, take-no-prisoners young woman in her 20s with a large heart and a small wallet who tries to manage her family, a job, a relationship, a social life and her absent, belligerent father. Fiona's human traits — her impulsiveness, her perpetual exhaustion, her dirty sense of humour — only make her life all the more relatable.



CRAZY EX-GIRLFRIEND

Rebecca Bunch

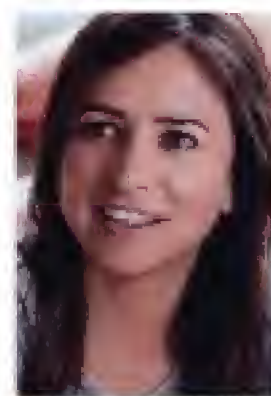
This satirical musical comedy pokes fun at the sexist phrase its name derives from while dispelling stereotypes and celebrating the unusual. Protagonist Rebecca (**Rachel Bloom**), who decides on a whim to leave a high-paying New York job to move to sleepy West Covina, Calif., where her ex-boyfriend lives, is at times high strung, awkward, overzealous, oblivious and over-emotional, but these traits do not make her "crazy." Rebecca's penchant for goodness remind viewers that following wild dreams is sometimes just what we need.



THE MINDY PROJECT

Mindy Lahiri

When her soon-to-be husband suggests Mindy (**Mindy Kaling**) stay home with their son, the doctor reminds him that work is also crucial to her identity as a woman and the two realities need not be mutually exclusive. She lives for the superficial and the unhealthy but her competent quirkiness is what makes her so lovable.



BETTER THINGS

Sam Fox

Struggling actress and single mom Sam (**Pamela Adlon**) is exhausted. Trying to raise three daughters alone, navigate a love life and a career, and keep one's head above water isn't easy for anyone, but Sam trucks through with a quirky cynicism and emotional depth lightened by refreshing optimism and humour.



THIS IS US

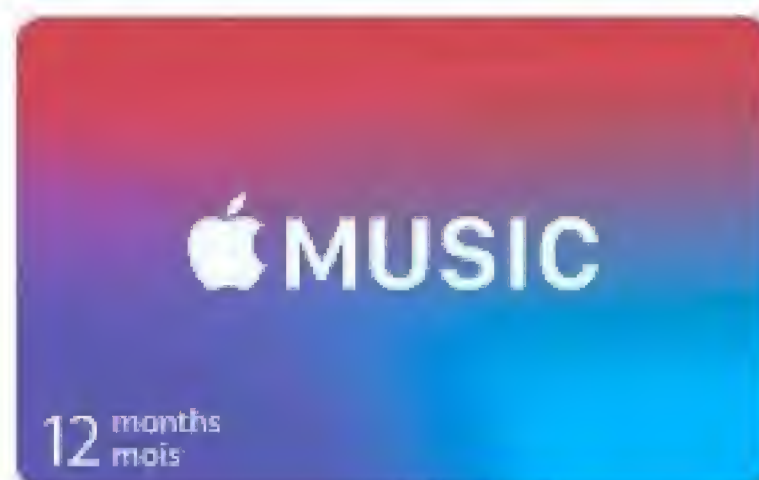
Kate Pearson

Kate (**Chrissy Metz**), who struggles with feelings of low self-esteem, seems an ideal heroine for this list. She manages the good feelings and the bad as they come; she is often insecure and occasionally hot-tempered, but she is passionate about nurturing her new relationship, and is a loyal, steadfast support to her twin brother.

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INEQUALITY

Report looks at gender imbalance in film and TV directing

The number of male directors working in Canadian film and TV "is alarmingly disproportionate," suggests a new report, which calls for an industry-wide shift to fix the gender imbalance.

Amanda Coles, author of the report for the Canadian Unions for Equality on Screen, says gender equality needs to be put at the centre of the mandates of all major film and TV institutions.

"There is no one basket of solutions that's going to move

this forward and we need foundational change," says Coles, who calls for action from leaders at the Canada Media Fund, Telefilm Canada and the CRTC.

"I know that sounds trite, but this is a very complicated, deeply rooted social problem in sexism and racism, and so we need to go at this from a number of levers."

The report is a followup to 2013's Focus on Women study, a quantitative workforce analysis featuring data on gender inequality

4%

Proportion of females that direct major Hollywood feature films.

ities within the screen-based industry. The new report is more qualitative, focusing on directors in the Canadian film and TV industries with the aim of finding

out why inequalities exist and providing solutions.

In February 2015, Coles interviewed 18 directors — seven men, 11 women — with different levels of experience and work across a wide range of genres. She found that stereotypes around women's leadership disadvantaged them in key roles in film and TV.

"So when you think 'director' you think male," she says, noting one director told her, "they

never say we're getting a straight white guy to come in next week, we just assume that there's a straight white guy. He's wearing a baseball cap, he's wearing Levi's." That's the assumption of a director.

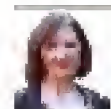
Coles notes that the pathways into directing are male-dominated, resulting in a "systemic advantage" for "white men" when it comes to hiring and financing in film and TV.

"Men are seen to be a less risky

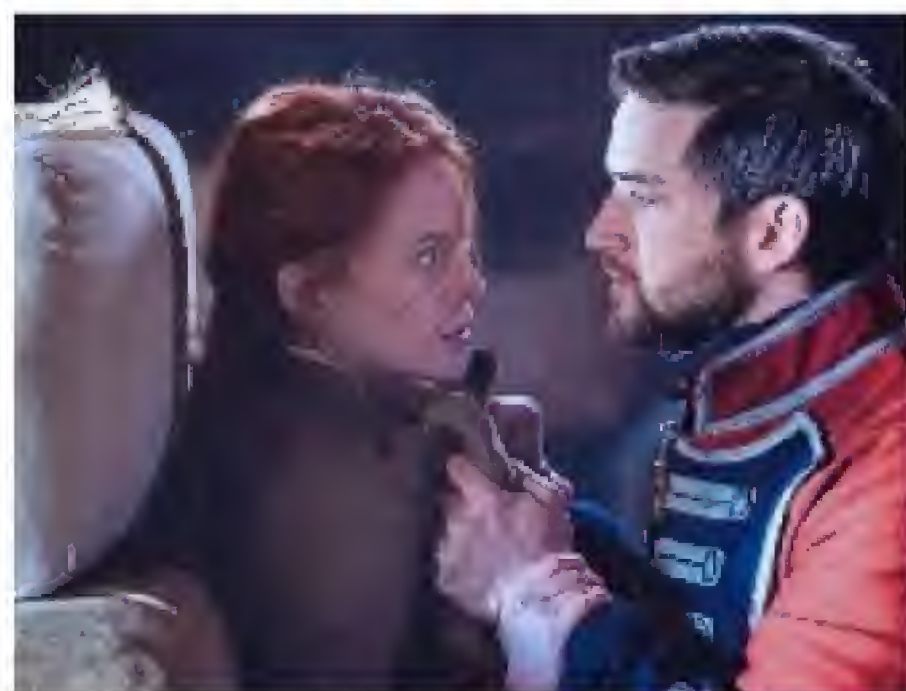
investment for directing than female directors," says Coles.

"When you look at the proportion of female directors in things like shorts, independent features, it's much higher. When you get to episodic television and then major feature films — by the time you get to major feature films, it's four per cent."

That four per cent figure was an analysis of major Hollywood, American-financed films shot globally. THE CANADIAN PRESS



JOHANNA SCHNELLER
WHAT I'M WATCHING



In the first season of Discovery's *Frontier*, Captain Chesterfield, played by Evan Jonigkeit, plots with tavern owner and information trader Grace, played by Zoe Boyle. CONTRIBUTED

Plotting and deadly betrayal

THE SHOW: *Frontier*, S1, E2 (Discovery)

THE MOMENT: *The Alliance*

In the late 1700s, the fur trade monopoly that England has enjoyed in Canada via the Hudson's Bay Company is being threatened by American, Scottish and French interests. Captain Chesterfield (Evan Jonigkeit), a British soldier who just killed a Scotsman for undermining the HBC, plots with Grace (Zoe Boyle), a tavern owner — and information trader — in Fort James.

"Interesting approach you have to problem solving," Grace says. "I respect a man whose actions are decisive. Have you given our partnership some thought?"

"What do you have in mind?" Chesterfield asks.

She suggests skimming a few bundles of pelts from each shipment that comes into the fort.

"How exactly does this lead to me becoming governor?" Chesterfield asks.

"If you want to be in charge,

you'll need money, and plenty of it," she answers. "And you'll need to discredit Lord Benton in the eyes of London."

This Canadian-American co-production is Discovery's first original scripted series (in the U.S., it airs on Netflix). Handsomely made, populated with great-looking, mostly young actors, and knee-deep in blood thanks to near-constant hacking (knives, hatchets, etc.), it clearly aspires to be a non-fiction *Game of Thrones* (*Game of Thrones*).

But thanks to its many scenes of backroom plotting, its ever-shifting alliances and deadly betrayals, the series *Frontier* reminds me of most is a hyper-real, period version of... *Survivor*.

Imagine the promo: "Survivor 1770: The New World. Rival groups of telegenic people compete for scarce resources in the wilderness, doing whatever it takes to stay alive." Count me in.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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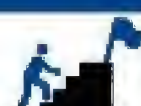
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YOU CAN DO THIS MENTAL HEALTH COUNSELLING

Helping teens, adults in crisis

WHY I LIKE MY JOB

Véronique Perrin, 34, Mental Health and Addictions Counsellor in Montreal, Que.

One of my best childhood friends lived with a parent who had a co-occurring disorder, which is a combination of a substance abuse problem with a mental health issue, such as depression or anxiety. Just seeing how it affected my friend and her family truly stuck with me. Things eventually got better; however, I still found it troubling that so many others were grappling with mental illness and addiction — with little to no support.

In 2004, I enrolled in the one-year mental health and addiction diploma program at La Cité collégiale in Ottawa. This program helped me to understand how people cope with mental illness, as well as what can be done to help these individuals lead more productive and fulfilling lives. Since 2006, I've been supporting women and youth through their efforts to combat addictions to alcohol, prescription drugs and street drugs.

I'm very proud to work in one of the fastest-growing career sectors in Canada. I love being able to educate teens and young adults, specifically, on important topics such as suicide prevention, anxiety and bipolar disorder. It's important that youth culture knows about people like me, who are compassionate and genuinely care for their well-being. We're here to help, listen, observe and provide the appropriate treatment and consultation for clients in crisis.



THE BASICS:

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Data for this feature was provided by payscale.com, trade-schools.ca, jobbank.gc.ca and onetonline.org.

HOW TO START

Most mental health and addictions programs are offered at the college level, allowing students to participate in field placements and co-ops that teach valuable skills in crisis management, client assessment and therapeutic techniques. However, some employers may exclusively seek candidates with a degree in nursing or occupational therapy. In most cases, organizations will value individuals with prior volunteer experience.

WHERE YOU CAN GO

According to the Government of Canada, one in five Canadians is affected by addiction or mental health problems, whether personally or through a close friend or family member. As such, job opportunities exist in a range of settings including treatment facilities, residential care facilities, mental health agencies, schools, group homes and therapy clinics.

NEXT CAREER STEP

The mental health and addictions field is continuously growing, enabling professionals to specialize in several areas. Many opt to help particular subsets of people. Others see the benefit in pursuing masters-level education in counselling to obtain certification with the Canadian Counselling and Psychotherapy Association, which connects experienced counsellors with exclusive educational programs and professional development opportunities.

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HEALTH AND WELLNESS

Find the products that will make your skin beautiful

No one has perfect skin, but choosing the perfect products for your skin type is easier than you think. Here, Dr. Joseph Lam, a Vancouver-based clinical assistant professor in pediatrics and dermatology, offers his top tips when it comes to shopping for the right creams, cleansers and oils.

1. Natural does not equal better. "There's an artificial divide between natural and artificial products. Just because something is natural, doesn't mean it gets a free pass," explains Lam. He says poison ivy is a great example — it's completely natural, but if you put it on your skin you'll definitely get a bad reaction. Keep this in mind and remember that you can experience an allergic reaction even with natural products, many of which are still being

tested for use on the skin. Ever-popular olive oil was shown to cause redness in a recent study, making coconut oil a better choice.

2. "Free" isn't always necessary. Always looking for sulfate-free, paraben-free, SLS-free, and whatever the latest "free" trend is? Don't worry — Lam says despite widespread alarm, not everything that's taken out of products needs to be. "It's good to have media and social awareness about what goes into the products we put on our skin, but there's a gap between science and public perception of many ingredients." He assures that concerns over parabens and sulfates aren't supported by good data, and reminds that if something is removed, it needs to be replaced with something else that may or may not be better.



ISTOCK

3. Opt for something designed with you in mind. What works for your best friend may not perform the same miracles on you, so use common sense and pick products designed with your skin type in mind. For example, if you have sensitive skin or eczema look for

products with the Eczema Society of Canada seal of acceptance. Products identified as accepted are free of ingredients known to be irritating for sensitive skin and have undergone dermatologist formulation review.

— NEWS CANADA

EVO LENS IS NOW APPROVED AS AN ALTERNATIVE TO LASIK

There is now a new, minimally invasive alternative to LASIK eye surgery available at the Gimbel Eye Centre.

The EVO lens is now approved for surgery in Canada, and Calgary's Gimbel Eye Centre is one of the first to be providing this unique new option, according to Gimbel Eye Centre chief operating officer Gregg Becker.

"This is great news for patients who want to enjoy the benefits of vision correction without the concerns that more traditional laser surgery can sometimes carry," he says. "This procedure does not remove any tissue, is fully removable, and is a fast procedure to not only perform but also heal from. The procedure does not induce dry eye syndrome and allows for excellent night vision." The new EVO lens has already been used in over 500,000 surgeries worldwide.

Patients between the ages of 18 to 45 are often perfect candidates for the EVO lens, Becker adds.

"We have many clients who have been waiting for the lens to be approved for use in Canada. Many have wanted to get rid of their glasses for years, but weren't comfortable with having their cornea surgically altered."

The EVO lens is a great natural complement for eyes because no tissue is removed.



ISTOCK

This process is especially beneficial for patients whose thin cornea or high prescriptions may not have allowed them to be a good candidate for traditional laser procedures.

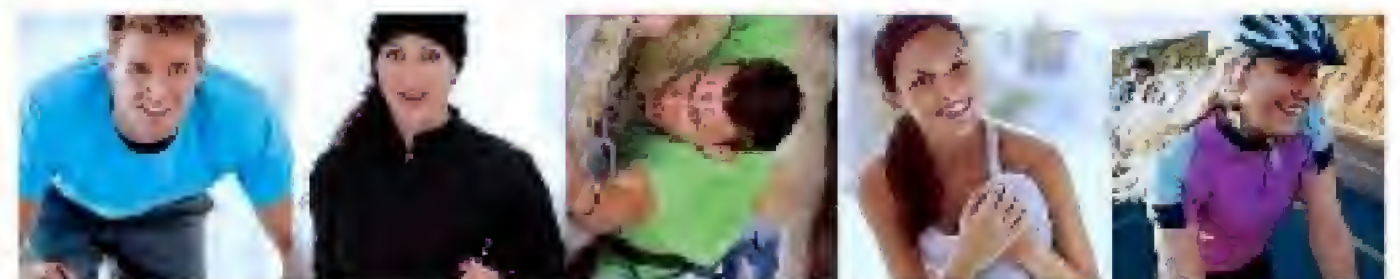
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Reduce the risk of injury from texting and gaming

Did you know Canadians send an average of 250 million texts per day? Along with the convenience technology provides comes the need to minimize the risk of injury — and this is especially true for young people who likely make up a large percentage of texts sent.

With the ever increasing daily use of mobile devices such as smartphones, tablets and handheld games, chiropractors are seeing an increase in corresponding repetitive strain injuries (RSIs), known by informal names like text neck, according to Edmonton area chiropractor Dr. Brian Gushaty.

“RSIs are injuries of the musculoskeletal and nervous systems that are often caused by repetitive tasks, forceful exertions, vibrations, mechanical compression (pressing against hard surfaces), or sustained or awkward positions,” he says.

“Text neck presents as rounded shoulders and the head hanging forward and down and is caused by poor posture from hunching over a mobile device for long per-

iods of time. This prolonged poor posture is often associated with chronic headaches and shoulder and neck pain and can have long term impact.”

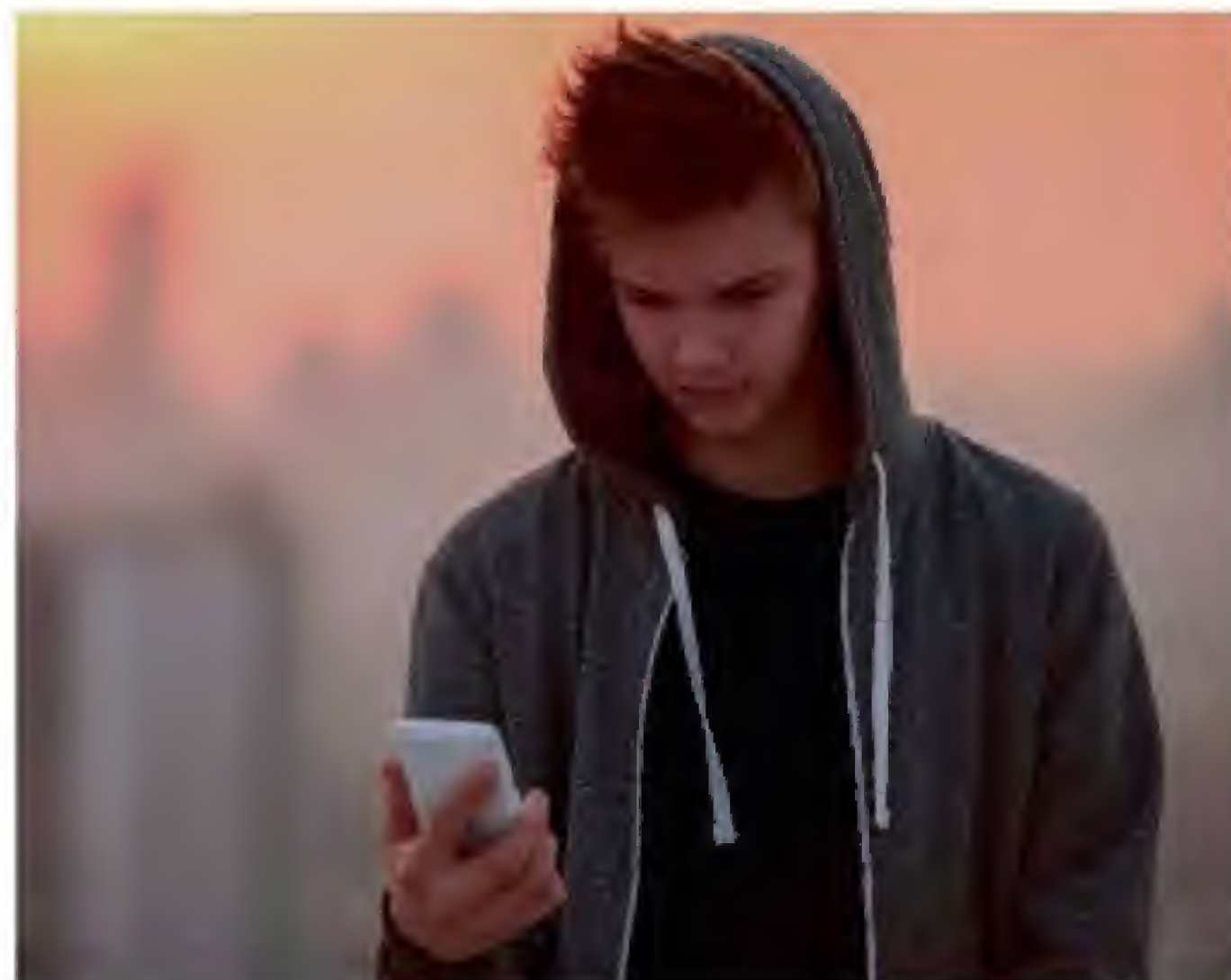
Young people are especially at risk because they are heavy users of smartphones and handheld gaming devices. Text neck and neck strain can cause postural abnormalities and changing growth patterns, especially in the upper spine.

“Technology isn’t going anywhere, so how can we help our children minimize the risks? Since text neck is a postural abnormality, the key is to stress the importance of strong posture and how to achieve it.”

How to avoid text neck

Dr. Gushaty has some tips for youth to avoid text neck.

1. Sit up straight with chest out and shoulders back.
2. Bring your arms up to eye level so you don’t have to look down to see the screen.



ISTOCK

3. If you must look down, tuck your chin into your neck instead of hanging your head forward.

4. If you use your mobile device for extensive typing, consider investing in an

external keyboard.

5. And finally, children should take breaks from mobile devices.

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IN BRIEF

Rangers push streak to five by beating Jets
J.T. Miller, Jesper Fast and Pavel Buchnevich scored 4:04 apart late in the second period to lead the New York Rangers over the Winnipeg Jets 5-2 on Sunday night for their fifth straight victory.

Henrik Lundqvist stopped 24 shots as New York won for the eighth time in nine games. The Rangers, who lead the NHL with 55 goals and 4.23 per game, have scored at least five in each game of their winning streak.

THE ASSOCIATED PRESS

Canadian speedskaters win five medals in opener

Canadian short-track speedskaters Charle Cournoyer and Samuel Girard won gold and silver respectively in the men's 1,000 metres at a World Cup in Calgary on Sunday.

Cournoyer from Boucherville, Que., and Girard from Ferland-et-Boileau, Que., duelled for the lead throughout the race at the Olympic Oval and high-fived each other after crossing the finish line.

The host Canadian team won a total of five medals in the season-opener in Calgary. THE CANADIAN PRESS

DeRozan's streak of 30+ points ends against Kings

An off night for DeMar DeRozan spelled trouble for the Toronto Raptors on Sunday.

DeRozan saw his streak of consecutive 30-plus point games end at five, scoring 23 points in the Raptors' ugly 96-91 loss to Sacramento Kings.

Former Raptor Rudy Gay led the Kings with 23 points. THE ASSOCIATED PRESS

McDavid's magic creates the game-winning goal

OILERS

Red Wings held at bay after decider scored in 2nd

Connor McDavid didn't need a shot on goal Sunday night to deliver for the Pacific Division-leading Edmonton Oilers.

McDavid perfectly set up Ryan Nugent-Hopkins for a go-ahead goal late in the second period, giving Edmonton a 2-1 win over the Detroit Red Wings.

"On a night where the team was more important than the individual and Connor was a little bit quiet, he still found a way to have an impact on maybe the most important play of the game," Oilers coach Todd McLellan said. "A lot of guys would've shot that puck. He had enough patience to find Nugent for a wide-open goal."

McDavid made the goal happen, starting with a faceoff he won in the left circle. After the draw, the 19-year-old centre skated toward the net before subtly finding a spot on the bottom of the right circle. McDavid got the puck back, drew three Detroit players, and threaded a pass between two of them to Nugent-Hopkins on the inside of the left circle, where he shot into an empty net.

"If that pass gets picked off or knocked down, we're having a different debate on why I didn't shoot it," McDavid said. "I saw a play. Lucky it worked out."

McDavid has five goals and nine assists in 13 games in his second NHL season, and his skill seems a bigger factor than good fortune.



Red Wings defenceman Niklas Kronwall handles the puck ahead of Oilers right-winger Tyler Pitlick and goaltender Jonas Gustavsson on Sunday. JOSE JUAREZ/THE ASSOCIATED PRESS

SUNDAY In Detroit



"He made a great play," said Detroit's Justin Abdelkader, who scored his team's only goal. "He froze everyone."

Edmonton's Tyler Pitlick scored a tying goal late in the

first period on a wraparound and Jonas Gustavsson made 22 saves, helping hold off his former teammates with a one-goal lead in the final period.

"We played real well, especially in the third," Gustavsson said. "We didn't open up, kept it real simple and didn't give them a lot of chances to tie it up. We played a real mature period."

The Oilers have won two straight, playing their first set

UP NEXT

Edmonton plays at Pittsburgh on Tuesday night.

of back-to-back games this season, after losing three in a row.

Abdelkader put the Red Wings up 1-0 midway through the first period on a power play, making them the first team to

score with an extra skater at home against the Oilers, who rank among the NHL leaders in penalty killing.

Jimmy Howard made 26 saves for the Red Wings, who have lost five straight after winning six consecutive games.

"We got off to a good start and got the lead, but then we spent too much time outside," Red Wings captain Henrik Zetterberg said.

THE ASSOCIATED PRESS

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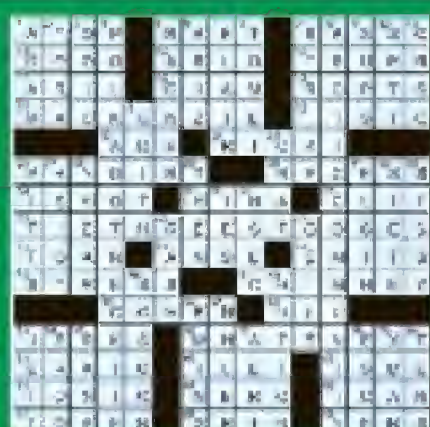
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YESTERDAY'S ANSWERS

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7	1	8	4	3	2	6	9	5
2	6	5	8	9	1	3	4	7
9	4	3	7	5	6	2	1	8
6	9	2	3	4	8	5	7	1
8	7	1	5	2	9	4	6	3
5	3	4	1	6	7	8	2	9
3	5	6	9	1	4	7	8	2
1	2	7	6	8	5	9	3	4
4	8	9	2	7	3	1	5	6

Flacco's Ravens edge Steelers

NFL

Roethlisberger delivers too late for Pittsburgh

The Baltimore Ravens frustrated longtime nemesis Ben Roethlisberger long enough to build a three-touchdown lead.

By the time Roethlisberger finally found his groove, it was too late. Joe Flacco threw a 95-yard touchdown pass to former Steeler Mike Wallace, and the Ravens beat Pittsburgh 21-14 on Sunday to snap a four-game losing streak. Baltimore (4-4) moved into a tie atop the AFC North with the Steelers (4-4), who have dropped three in a row.

Three weeks after undergoing surgery on his right knee, Roethlisberger returned well ahead of schedule. Playing for the first time since Oct. 16, the 13-year veteran looked out of sync until the fourth quarter, when he directed a 75-yard drive that got the Steelers to 21-7 with 8:38 remaining.



Ben Roethlisberger falls in Sunday's game. GETTY IMAGES

Before that, Pittsburgh's offence produced only two first downs and was limited to 69 yards. The Steelers tallied 36 yards rushing, 32 by Le'Veon Bell. Roethlisberger ran for a 4-yard score with 48 seconds left, but Chris Boswell botched the onside kick — barely knocking it off the tee — and Baltimore closed out its fourth straight win over Pittsburgh (including playoffs).

SUNDAY in Baltimore

21 14
RAVENS STEELERS

"The bottom line is we put ourselves in a big hole with some adversity, some of which was created by us," Steelers coach Mike Tomlin said.

After going 8 for 18 for 54 yards and an interception through three quarters, Roethlisberger finished 23 for 45 for 264 yards. Baltimore's only touchdown offensively came on Flacco's pass to Wallace, who was making his first appearance with the Ravens in this bitter rivalry after playing for Pittsburgh from 2009-12.

Wallace broke free on the left sideline, caught the pass in stride and outran safety Mike Mitchell to the end zone.

Flacco completed 18 of 30 passes for 241 yards to help Baltimore earn its first win since Sept. 25, at Jacksonville. THE ASSOCIATED PRESS

IN BRIEF

Murray wins Paris Masters

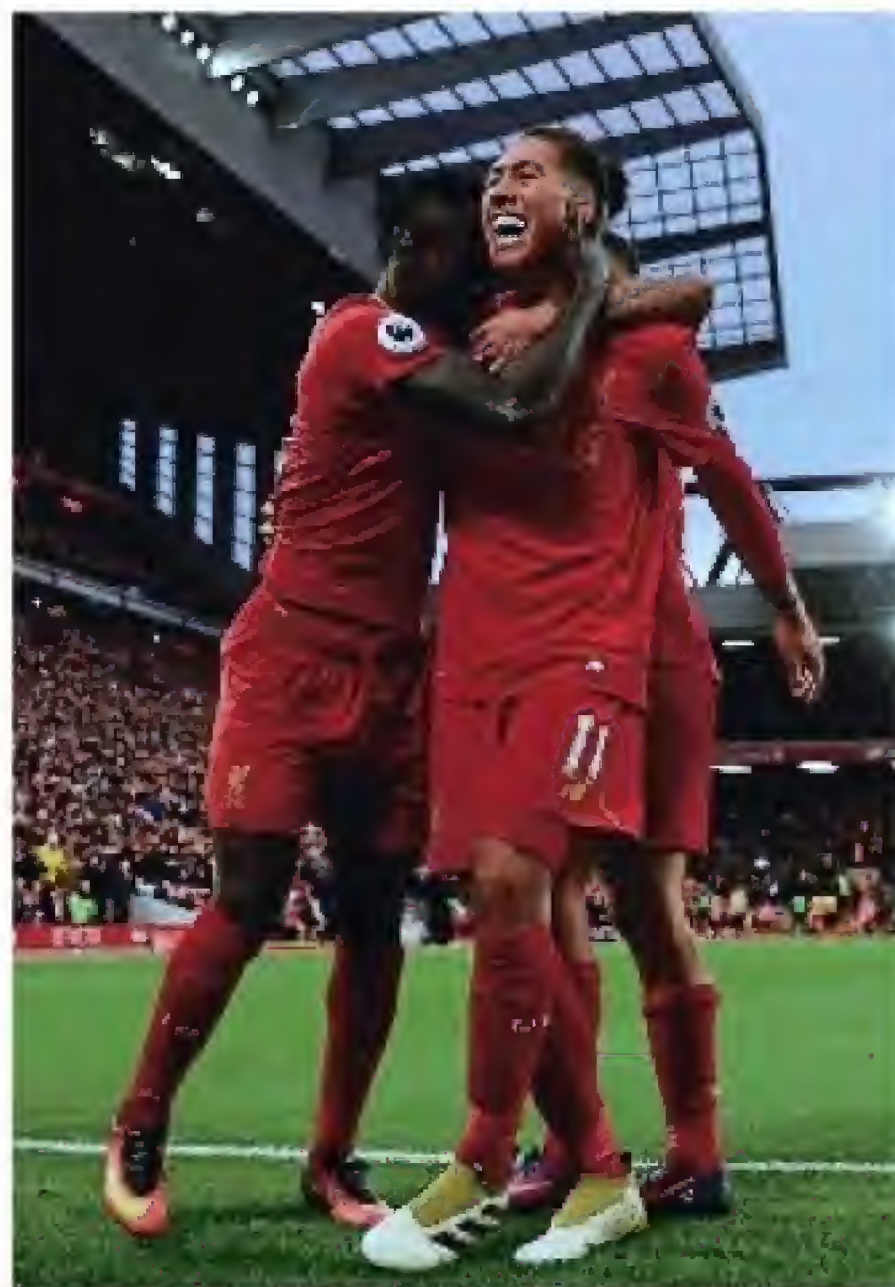
Andy Murray celebrated his rise to No. 1 by beating American John Isner 6-3, 6-7 (4), 6-4 on Sunday to win the Paris Masters for the first time.

It was his career best eighth title this season, his 14th in Masters overall, and ended Isner's bid for a first Masters title. Murray, who officially replaces Novak Djokovic at the top of the rankings Monday, now leads Isner 8-0 in their career meetings. THE ASSOCIATED PRESS

Impact through after beating NY Red Bulls

Ignacio Patti scored two goals in the second half to lead the Montreal Impact to a 2-1 win over the New York Red Bulls in the second leg of the MLS's Eastern Conference semifinal series Sunday.

With the win, the Impact advanced to MLS' Eastern Conference championship, where they will meet rivals Toronto FC. This marks the first time in franchise history the Impact have reached the Conference championship round. THE CANADIAN PRESS



EPL IRRESISTIBLE REDS WIPE OUT WATFORD TO GO TOP
Liverpool's Brazilian midfielder Roberto Firmino, centre, celebrates scoring his team's fourth goal with Senegalese midfielder Sadio Mane and Philippe Coutinho. Liverpool easily beat Watford 6-1 at Anfield. PAUL ELLIS/AFP/GETTY IMAGES

RECIPE Slow Cooker Chicken Stew



PHOTO: MAYA VISNIEV

Ceri Marsh & Laura Keogh
For Metro Canada

A few minutes of prep in the morning means you'll be home to this quintessentially comforting fall dinner.

Ready in 6 hours 10 minutes

Prep time: 10 minutes
Cook time: 6 hours 10 minutes
Serves 4

Ingredients

- 6 chicken thighs
- 1 potato, peeled and cubed
- 1 Tbsp vegetable oil
- 2 onions, chopped
- 4 stalks celery, chopped
- 2 carrots, peeled and chopped
- 1 Tbsp fresh thyme (1 tsp dried)
- 1 or 2 bay leaves
- 1/4 cup flour
- 2 cups low-sodium chicken stock
- 1 cup fresh or frozen peas
- 1/2 cup light cream

Directions

1. In a Dutch oven or high-sided skillet, sauté onions, celery and carrots in splash of vegetable oil for about five minutes.
2. Add flour, thyme and bay leaves and stir for a minute. Add stock and stir until smooth. Simmer for 3 or 4 minutes until sauce thickens.
3. Add the potatoes and good pinch of salt and pepper.
4. Place chicken thighs in the bottom of slow cooker and spoon the vegetable mixture over. Seal and set for 6 hours.
5. Add peas and cream and cook for 10 more minutes. Serve plain or over mashed potatoes.

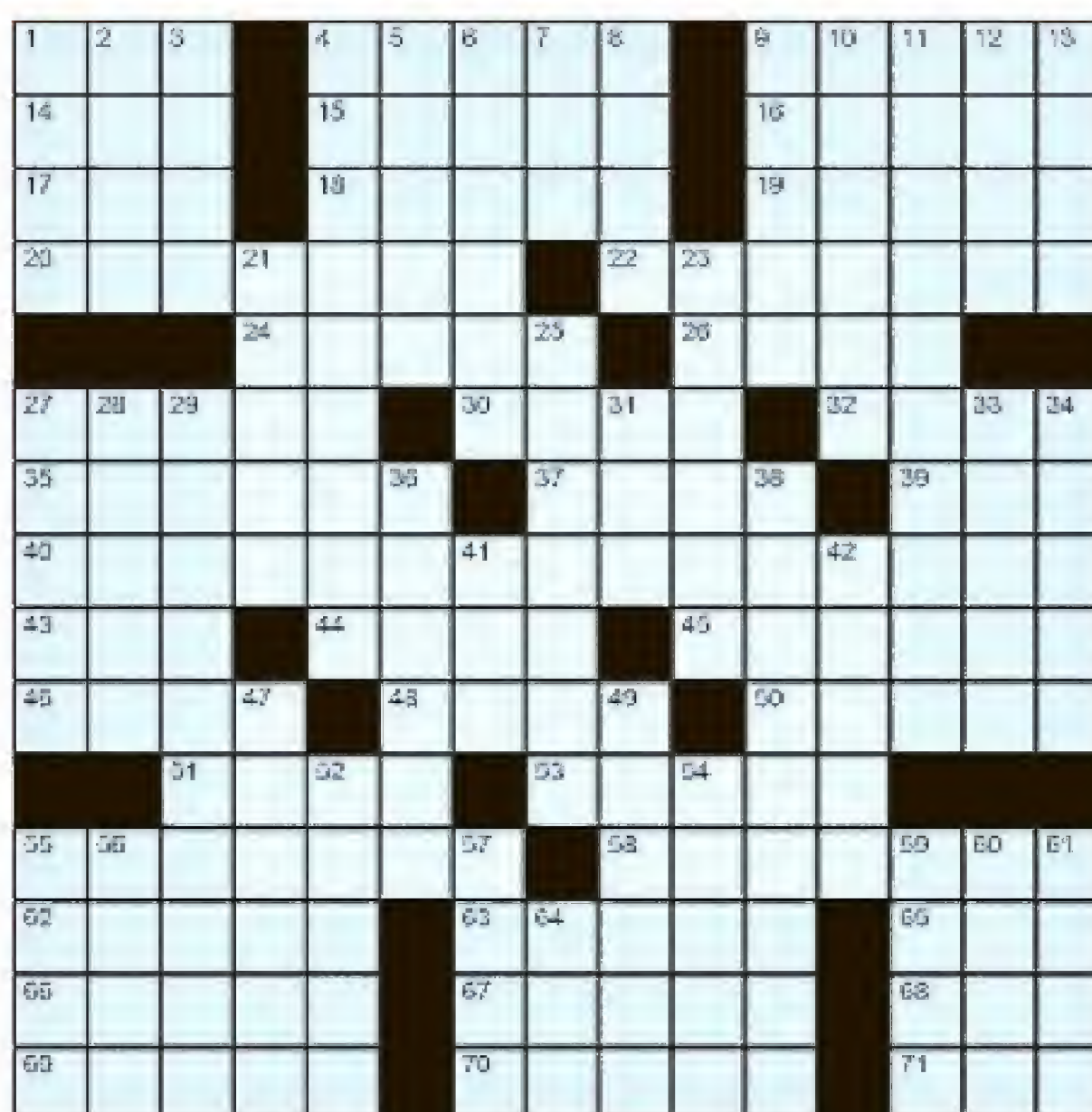
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Pea's packaging
4. _ and pains
9. Changes for another
14. _ Red (Apple)
15. Harsh
16. Phone-call-getter's first word
17. Canuck ID
18. Queen Elizabeth's fave dog
19. Permit
20. Ms. Locklear of "Melrose Place"
22. They're loaded with goods and lifted with forklifts in warehouses
24. _ Walker & Sons Limited (Canadian distillery based in Windsor)
26. Garden pest
27. Nova Scotia's _ Trail
30. New York baseball player, for short
32. Brooches
35. _ _ beck and call
37. Maraud
39. Montreal restaurant garlic
40. CBC sitcom about a Korean-Canadian family in Toronto; 2 wds.
43. Diplomatic bldg.
44. Maple _
45. Awkward, to the Aristocracy
46. Mr. Penn
48. Singer Ms. Clarkson, et al.
50. Hellenic language
51. Roast, in Quebec City



53. Repetition mark, in music
55. 'H' of HBC
58. Farm's morning caller
62. Bird-related
63. Helps in a heist
65. Rapsallion

66. Canadian hockey great Cam
67. Mount of the Bible
68. Mug part
69. Pub game
70. Leaves in text in editing
71. Sci-Fi life forms

DOWN

1. "That's silly!"
2. Garfield's dog pal
3. Ms. Bash, CNN Chief Political Correspondent
4. Building designer
5. Dove, for one

6. "Yahoo!"
7. One of a cartoon's dozen
8. Transport
9. " _ we dance?"
10. Become teary-eyed; 2 wds.
11. Loyalty
12. Conspire
13. Scatters seeds

21. Tunas, in Quebec City
23. Inquiring
25. Wonders
27. Special occasion sweats
28. " _ for Killing" (1967) starring Canadian actor Glenn Ford
29. Canadian aircraft manufacturer
31. Scottish refusal
33. Specialized calling, as in business
34. Streamlined
36. "The Social Network" (2010) screenplay writer, Aaron _
38. Doctor's determination
41. Socialite's 'born'
42. Across-the-Pond moneys
47. What an empty table shaker has in it, perhaps; 2 wds.
49. Calm
52. Broadway awards
54. Annoyed; 2 wds.
55. Round of applause
56. Iris spot
57. Ms. Jordan
59. Canadian _ (Chain store)
60. Send forth
61. Spinning stats
64. Fragment

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a great day to enjoy the company of others, especially friends or members of groups. A female acquaintance, in particular, will be a positive encounter. Be friendly!

Taurus April 21 - May 21
Ask for what you want from others today, because you make a fabulous impression on bosses, parents and VIPs. (They might want to ask personal questions about you.)

Gemini May 22 - June 21
Travel for pleasure will delight you today. Do anything that gives you a sense of expanding your horizons and learning more about the world. Why not?

Cancer June 22 - July 23
Keep your pockets open, because you can benefit from the wealth and resources of others today. Someone might offer you cash, favors or a gift. Just say "Thank you!"

Leo July 24 - Aug. 23
This is great day to schmooze with others, including members of the general public. Relations with a close friend or partner also will be positive and expand your world in some way.

Virgo Aug. 24 - Sept. 23
Work-related travel will please you today because you will learn something new and different. Ultimately, this could lead to increased earnings for you. Yes!

Libra Sept. 24 - Oct. 23
This is a playful day! Enjoy social outings, sports events, coy flirtations, fun activities with children and anything to do with the arts. Lucky you!

Scorpio Oct. 24 - Nov. 22
You will see ways to make improvements at home or perhaps improvements to family relationships. You also will feel content to be at home among familiar surroundings..

Sagittarius Nov. 23 - Dec. 21
This is a strong day for writers and salespeople, because your communication skills are upbeat and positive. People want to be in your presence.

Capricorn Dec. 22 - Jan. 20
Look for ways to boost your income today, because they exist. In general, this is a great day for business and commerce.

Aquarius Jan. 21 - Feb. 19
Today the Moon is in your sign, working well with other planets. You feel content, confident and ready to work. Not only is it easy to be happy today, it's easy to work hard. Great combo!

Pisces Feb. 20 - March 20
You won't mind working alone or doing research today. Do something to reward yourself later.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	5	2				1	7	
8	1						4	2
			9		1			
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6				4				8
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	8	6				7	1	

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